

MAGNIFICENT *me*

Release your past . Recover your courage . Design your future

10

Tips For Instant Confidence In Social Situations

(without having to feel forced or fake)

Confidence and self-worth isn't a fluke for the lucky few, it's a birthright that is yours to claim.

Whilst we all know that socialising is a great way to expand your social circle, meet new people and connect with those you care about, when life sucks, or when you're feeling invisible, shy or anxious around other people, it can be a hotbed for feelings that block you from your own internal power.

If you've ever found yourself dreading social interaction, constantly focusing on negative thoughts rather than positive ones, doubting your looks, intelligence, abilities or playing down your accomplishments in front of others, then this short guide will give you some simple, but highly effective tips that you can put into action right away for an instant confidence boost.

Here's the thing about confidence...

Contrary to popular belief, confidence isn't something that is reserved for the lucky few or something you either have or you don't have. It's something that each and every one of us can *generate* from the inside out through the power of the confidence-competence loop.

This actually makes it a lot easier to create because all that we need to do to do is start with where we are, do something that stretches us, get (internal or external) feedback from it, adjust course, do it again and then rinse and repeat!

Here's how it works:



Now, before we go any further, let's take a look at this beautiful quote by Marianne Williamson:



*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. **Your playing small does not serve the world.** There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”*

There's a very good reason why this quote is so famous throughout the world.

In my opinion, It's not because it's beautifully written, motivating and inspirational (although that certainly helps).

It's because within each and every one of us, **we know that what's being said is true.** You can *feel* it, right?

So without further ado, let's dig into the 10 instant confidence-boosting tips that'll help you instantly shine in any social situation.

Now go forth and show us your light!

1. **Practice smiling before you enter the room.** A natural smile is magnetic and will attract people towards you. Remember, you can only talk to one person at a time, so relax, soak up the atmosphere and smile!
2. **Compliment the person you are talking to** by saying something like “what a lovely dress” or “you look smart, I love your tie”. You’ll find that when you give compliments freely and expecting nothing in return, they will come back to you freely and easily too. Behold the awesome power of reciprocity!
3. **Tell the person you are talking with one thing about yourself.** Perhaps something you are interested in.
4. **Look after your appearance.** Treat yourself with the self-care and self-respect that you wish to receive from others. Give to yourself first and you will notice that others will follow your lead and treat you in the respect you demand of yourself.

Dress in clean, pressed clothes. Clean your shoes. Take time to do your hair and make-up. A little self-love can go a long way.

5. **Accept compliments gracefully.** When you are the giver of a compliment and someone replies with something like “oh, I got them in the sale, they don’t really fit me that well and I’m not too sure if they suit me” it can feel like your compliment has just been flung back in your face – don’t do this! Accept that the compliment has been given in earnest and accept it gracefully. A simple and genuine “thank-you” is all you ever need.
6. **Speak slowly and clearly when speaking to someone and look at the person when speaking to them.**

Have you ever been in a conversation with someone and his or her eyes were darting all over the place? Looking someone in the eye then speaking to them shows them that you’re really listening and genuinely interested in connecting with them.

7. **When you meet someone new, ask them about themselves.** We all love to feel seen and heard, so take the first move and ask the other person about themselves. Being seen as *interesting* is often as simple as simply being someone who is *interested*.

8. Take a deep breath, stand tall and pull your shoulders back.

The simple act of connecting with your breath will instantly relax and calm you, bringing you back to your centre where you are safe and secure.

9. Be positive about other people in the room and you will come across as a positive person.

- 10.** Whilst getting ready to go out or perhaps whilst in your car – **put on some motivating music to get yourself in a good mood.** Music has the ability to instantly change our state of mind so If you find yourself getting lost in your thoughts or stuck in a mental fog, have a dance break!



I'm Maggie Irwin and I'm here to help you become your most confident, powerful and magnificent self.

As a Hypnotherapist, Master NLP Practitioner and a Mental Health and Wellbeing Professional with 35 years experience in the NHS and the private sector, I've had the privilege of assisting many people with low self-confidence and poor self-worth to shine and move their lives forwards.

I believe that a strong sense of self-confidence is your right and not the privilege of the lucky few. If you need fast and effective support to get unstuck and reclaim your confidence or re-activate *and maintain* your motivation in any area of your life, then I can help.

Whether you're looking to dump your wishbone and find your backbone, are dealing with destructive personal habits which by yourself you can't seem to shake, or feel like you're stuck in the emotional doldrums and are desperate to dump the emotional junk and get your mojo back – **I've got a solution that can help you get there..**

You can contact me here:

Email: maggie@magnificentme.co.uk

Website: www.magnificentme.co.uk

Facebook: <http://www.facebook.com/magnificentme>

Linkedin: <http://www.linkedin.com/in/maggieirwin>